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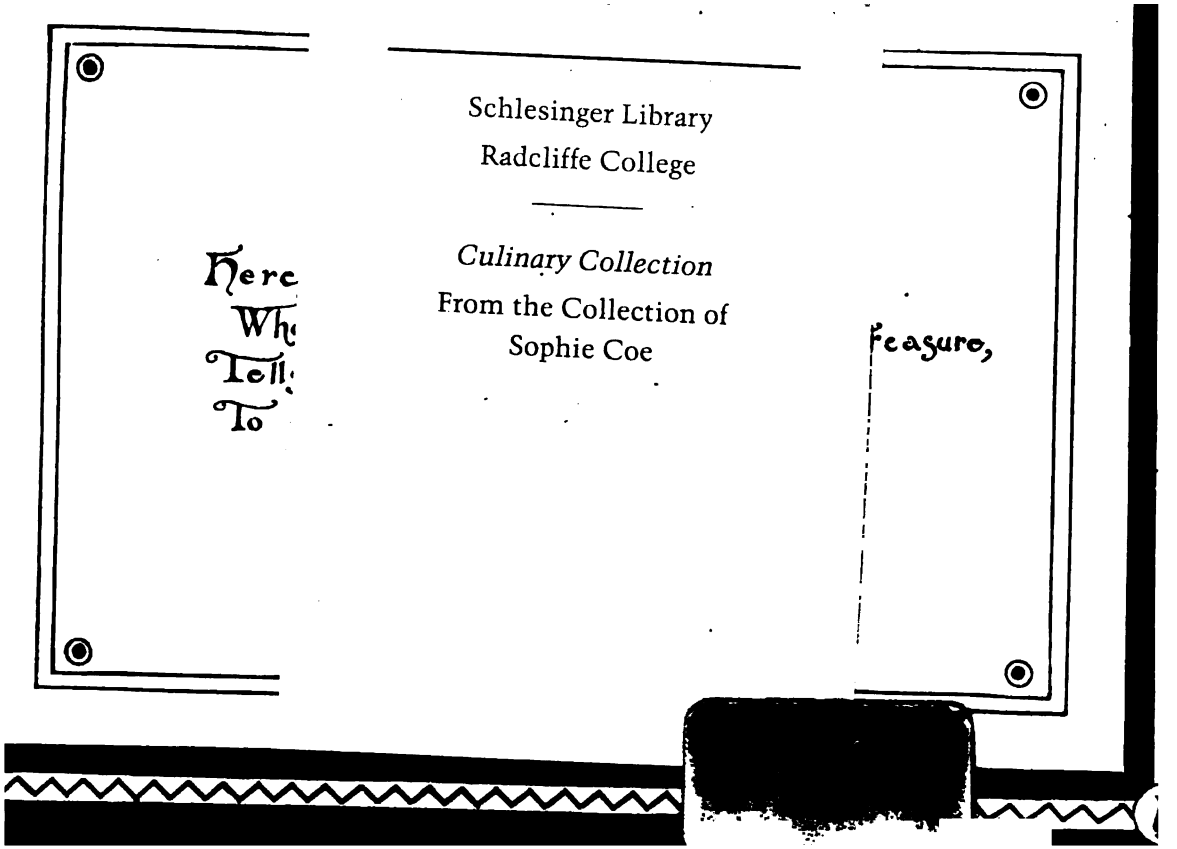

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Mrs. Gilpin's Frugalities

Mrs. Gilpin's Frugalities

Remnants, and 200 ways of using them

by

Susan Anna Brown
Author of "The Book of Forty Puddings"

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1883

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Preface.

IT is often remarked, that, as a whole, Americans are more wasteful of food than any other people. A lady who had spent her early days in Bohemia, and who had come to this country afterward, made the statement to a friend that enough food was thrown away in one of our charitable institutions to feed a village in her native country. This arose from no deliberate wastefulness, but from a real ignorance of that principle of economy which utilizes everything, and which makes it possible for some families to live comfortably upon a small income, while others who have twice as much, seem engaged in a constant struggle with poverty.

The housekeeper who provides the greatest variety of food is not necessarily extravagant. On the contrary, no table is so expensive as the one to which little thought and less personal oversight is given. Servants seldom have either time or inclination

to make the remnants which are left, into those tempting little dishes which are so useful in relieving the monotony of steak, roast, and chop. If "a penny saved is a penny earned" a housekeeper can well afford the time which a daily inspection of her cupboard demands, and the thought which must be given to converting what she finds there into palatable dishes. At the end of the year she will see a reduction in her grocer's and butcher's bills which will be worth saving. Even those who do not need to economize closely on their own account, should not tolerate a wasteful kitchen when there are so many more satisfactory ways of using money. It is a great mistake to suppose that economy consists in buying the poorest articles and in making the table unattractive.

The great art is to know where to save and where to spend, and how to use everything to the best possible advantage. There is such a thing as stingy extravagance and wasteful scrimping.

Solomon must have had in mind housekeeping when he said, "There is that scattereth, and yet increaseth, and there is that withholdeth more than is meet, but it tendeth to poverty."

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"ECONOMY in itself is one of the most agreeable of luxuries. This I need not demonstrate. Everybody knows what good fun it is to make a bargain. Economy becomes dreadful, only when some lightning-flash of truth shows us that our painful frugality has been really the most lavish waste."

Soups.

Soups.

SOUPS are too little prized in this country, and many families who live plainly seldom have them.

All kinds of broth have the advantage of being healthful and economical, and, if properly made, are acceptable to almost every one. The custom of beginning a dinner with meat, is neither wholesome nor economical, and yet it is practised by many under the impression that three courses must cost more than two. Actual experiment will prove this to be a mistake.

So many excellent receipts can be found in other cook-books for making soups from materials purchased expressly for the purpose, that the following list includes only those which can be made of remnants. Some general directions must be borne in mind in making all soups. The bones must be put on in *cold* water, and allowed to boil slowly some hours. The liquor must then be strained and set aside until the next day. When a soup-kettle is on the stove many scraps of meat and vegetables will find their way to it which would otherwise be thrown away. The day after the stock is made, every particle of fat can be removed from the top. A soup which is

served the same day that the stock is boiled cannot fail to be greasy and unpalatable.

All the fat which is taken from the top of soups and gravies should be clarified by melting it, and pouring it in a bowl which contains a little hot water. When it is cold all the impurities can be scraped from the bottom of the cake, and the dripping will be found useful in many ways.

Mock Turtle Soup.—A dinner of boiled "calf's head and pluck," served with drawn butter and parsnips, is a favorite dish with many people, and the next day's soup is admirable. The calf's head should be nicely dressed, by being scalded, and the hair carefully scraped from the skin, the eyes removed, and the head split in halves, and soaked thoroughly in water to remove the blood. The liver, tongue, and heart should be boiled with the head, and the brains removed and boiled by themselves in a cloth. The lights are not of much account; most people do not use them. Put on in cold water and *remove the scum carefully as it rises.* The soup is an after consideration, and is made the next day. Put on to boil the liquor in which you cooked the head. Of course you will have been careful not to spoil it, by putting in too much salt the day before. Cut what remains of the head in pieces half an inch square, and the liver and heart in fine bits. Probably there will be more liver left than you will care to use. Add these bits to the liquor, and put in a little pepper, clove, cinnamon, and nutmeg.

When the soup boils add a thickening prepared by stirring one cupful of browned flour in enough cold water to make it smooth. Make some little balls of half a cupful of salt pork, and one cupful of lean veal, chopped fine. If you have no raw veal you can substitute bread-crumbs. Season these balls with pepper, salt, sage, and marjoram, mix with one egg, to bind them together, and fry them brown. Put them in the tureen with two hard-boiled eggs sliced, one lemon sliced and seeded, and pour on the soup. If it is not a rich dark brown add a little caramel.

Vermicelli Soup.—Break up the bones of cold roast beef, and put them in a kettle with enough cold water to cover them. Add one teaspoonful of salt and a very small bit of red pepper. Let all boil through the day, and at night strain and set away to cool. The next day take off all the fat, add half a small onion and one heaping tablespoonful of vermicelli, broken up small. Boil until the onion is cooked.

Tomato Soup.—Boil beef bones five or six hours, putting them on in cold water. Strain and set away to cool. The next day take off the fat, add one cupful of canned or stewed tomato, a piece of onion as large as a half dollar, salt and pepper to your taste, thicken with one teaspoonful of corn-starch wet with cold water and boiled until clear. Strain the soup, and add, just before it is

carried to the table, a handful of bread cut into dice and fried in butter.

Veal Broth.—Boil the bones of roast veal, and any hard parts of the meat, some hours. The next day, add half a cup of raw rice, half a small onion, and what remains of the stuffing of the veal, salt and pepper. Boil gently half an hour.

Turkey Soup.—Boil all the bones of roasted turkey, with the remnants of the dressing and gravy. When cold, remove the fat, add a teaspoonful of grated onion, one teaspoonful of grated carrot, one tablespoonful of cold boiled turnip, two tablespoonfuls of Italian paste, salt and pepper as you please.

Thick Beef Soup.—One quart of stock, which has been made the day previously of three or four steak bones and the trimmings of a roast of beef. Add to this two teaspoonfuls of salt, one-fourth teaspoonful of pepper, three medium-sized potatoes, pared and sliced, half an onion, half a small carrot, scraped and sliced, three slices of turnip, half a bay-leaf, and a pinch of chopped parsley. Boil until the vegetables are cooked, add a few drops of caramel, to give it a good color, and serve hot.

Mutton Broth.—Take the fat from the liquor in which your leg of mutton was boiled. Add pepper, and a little salt, bearing in mind that mutton will not bear as much salt as beef or veal; half a cup of

raw rice, and half an onion. Boil all together half an hour. This is a delicious broth, and can be digested by very delicate persons.

Chicken Soup.—Boil the bones of two chickens, with half an onion. The next day, skim off every bit of fat, and add half a cup of pearled barley, which has been soaked overnight in cold water. Salt and pepper. Just before serving sift in one-third of a teacupful of dry, fine bread-crumbs.

Green Pea Soup.—Take what remains of the peas you had for dinner the day before, and whatever kind of soup was left, and boil both together until the peas are very soft. If you have a heaping cupful of peas, you can make soup enough for four or five persons. Put in salt, and pepper, and onion. The quantity of each must depend upon the character of the soup which you have put in. Put a piece of butter as large as half an egg into a frying pan, and when it is hot, put in a handful of stale bread, cut in dice. Stir until they are quite brown. Strain your soup, rubbing the peas through the colander, as much as possible. Sprinkle on a little chopped parsley, and a few celery tops cut up fine. Put the fried bread into the tureen, and pour in the soup. This soup can be made and eaten the same day.

Tapioca Soup.—To one quart of stock

made from beef bones allow one *small* onion, two slices of turnip, one half a small carrot, one potato, pared and sliced. Boil until the vegetables are cooked, and then take out the onion and carrot, and mash the turnip and potatoes with the back of the spoon, and put in a quarter of a cup of pearled tapioca, which has been soaked two hours in cold water. Cook until the tapioca looks clear. Put in one half a square of "soup flavoring."

May Soup.—Boil the bones and trimmings of veal cutlet, with any steak bones which you have; put in any cold boiled vegetables except squash, salt, and a bit of red pepper. The next day add more seasoning if required, and two tablespoonfuls of Italian paste. Color with a few drops of caramel.

Mutton Potage.—Put the bones of cold roast mutton on in cold water, and boil half a day. Strain, and the next morning remove the fat and put on the liquor, with a slice of onion, a slice of turnip, a little salt and pepper. Do not let it boil hard, as the taste goes off in the steam. When the vegetables are half cooked add two tablespoonfuls of vermicelli, broken up in small pieces, and half a cup of canned tomato, and the last thing, put in half a teaspoonful of caramel.

One Day Soup.—Half a can of tomato, left from yesterday, five or six cold boiled

or baked potatoes, half an onion, one stalk of celery, or a few celery tops. Boil all together until the vegetables are very soft. Put through a colander, add pepper and salt, and a pinch of sugar. *Just* before serving pour in one cup of hot milk with a pinch of soda dissolved in it. Sift over the top a few very dry bread-crumbs.

Split Pea Soup.—The water in which corned beef has been boiled is considered the best stock for a pea soup. Of course, if the meat was very salt, the broth cannot be used without reducing it, but one can tell very easily whether it is right by tasting the stock while it is hot. Soak one coffee-cup of split peas all night, and in the morning put them on to boil in two quarts of stock, with an onion and a stalk of celery. If you have no celery you can put in a little celery seed. Boil until the peas are quite soft. It will take about two hours and a half. Rub all through a colander and return the soup to the fire. Braid together one even tablespoonful of flour and one tablespoonful of butter, and stir it into the hot soup. If you put a few spoonfuls of the soup into the bowl with your braided flour and butter, and stir carefully, you will prevent the thickening from cooking in lumps in the kettle. Have a handful of fried bread in the tureen when you pour in your soup.

Clear Soup.—Put the trimmings of your roast of beef, which the butcher will always send with the joint, if you ask for it, in a

kettle with cold water, add half an onion, a small bit of red pepper, and an even teaspoonful of salt. Boil all together half a day, adding more water as it boils away. Strain, and put away to cool. In the morning remove every bit of fat, and dip out carefully so as to leave the sediment at the bottom. When it boils stir in one-third of a cupful of pearled tapioca which has soaked three hours or more in cold water. Boil until the tapioca is clear, adding more salt and pepper if required. Stir in half a teaspoonful of caramel, or half a square of soup flavoring.

White Soup.—Take one quart of stock, made by boiling the bones of stewed veal or boiled mutton, or both together. Put into it a few slices of onion, and a tablespoonful of mashed turnip. When it boils, grate into it two medium-sized potatoes, and let it cook a few minutes, stirring carefully. Salt and pepper.

Potato Soup.—One heaping cupful of cold mashed potato, one cupful of cold mashed turnip. If these vegetables are left from dinner they will have butter in them, otherwise you must put in a tablespoonful before you put them into the soup. Stir the vegetables together and add a pint of hot water in which one onion has been boiled. Put all on the stove, stirring carefully. When the mixture is thoroughly hot, and free from all lumps, add one quart of hot milk, and serve at once.

Hampstead Soup.—One quart of stock made from the bones of cold roast beef. Put a piece of butter as large as a filbert into a frying pan, and slice in half an onion, fry a light brown and put into your stock with one tablespoonful of cold mashed potato. Salt and pepper to taste. When the soup is boiling, put in a handful of Italian paste.

Macaroni Soup.—Boil together the bones and stuffing of a roast chicken, and a steak bone, with half an onion, and a bit of red pepper. The next day take off all the fat and put the stock on to heat. When it boils add salt to your taste, and two sticks of macaroni broken in short bits and soaked an hour in tepid water. Grate into the soup one good-sized potato, half a small turnip, half a carrot. Boil well, and add a dessertspoonful of Harvey's Sauce.

Saturday Soup.—Collect all the bones which you have on hand, beef, veal, mutton, or fowl, and boil together one day. The next morning remove the fat, and put the soup on to heat. If you have a little cold hash, or a few croquettes put them in, and add a saucerful of canned corn, salt and pepper to taste, a few slices of onion, half a teaspoonful of celery salt, one cupful of stewed tomato. Boil all together, and just before serving put in a few drops of caramel to make it a good brown.

Argenteuil Soup.—Boil the trimmings of a roast of beef, with half an onion, a very

small bit of red pepper, and an even teaspoonful of salt. Strain, and set away to cool. The next day melt four tablespoonfuls of beef-marrow in a frying-pan, and when it is hot stir in two tablespoonfuls of flour. Stir the mixture until it is smooth and add the hot stock. Just before putting in the tureen add two yolks of eggs beaten light. Serve with very small dice of fried bread. This receipt was given by an Austrian lady.

Corn Soup.—Take cold green corn left from dinner, and grate the corn from the cob with a coarse grater. It will require ten or twelve ears to make three pints of soup. Boil the cobs half an hour in enough water to cover them, then take them out and put in the grated corn, seasoned with salt and pepper. When it is hot, add one quart of milk. Rub one teaspoonful of butter and one teaspoonful of flour together, and add a little of the hot soup, stirring it smooth and then adding it to the rest. Let it boil up once. Some persons add two well-beaten eggs, and it is an improvement if skilfully done, but if the eggs are allowed to curdle it spoils the appearance of the soup.

Veal Cream Soup.—Boil the remnants of a roast of veal until the meat falls from the bones. Strain and cool. The next day put on to boil, with a slice of onion and one-third of a cupful of raw rice. Let it simmer slowly for an hour. Add salt and

pepper to taste. Just before serving, add one cupful of rich milk, or cream if you have it, heated first in a separate dish.

Fresh Tomato Soup.—Prepare the stock the day previous by boiling bones left from steak, and roast or boiled mutton. To three pints of this stock add four tomatoes peeled and sliced, one teaspoonful of sugar, and a little salt and pepper. Boil all together. Put a piece of butter as large as a nutmeg into a frying-pan, and when it is hot sprinkle into it a handful of dry bread, cut into dice; stir until they are all brown, and then put the bread into the tureen, and pour into the frying-pan with the browned butter, about a teacupful of the soup, stir into this one heaping teaspoonful of corn-starch, wet up with cold water, cook until it is clear, stirring constantly. Strain the soup and add the thickening and pour into the hot tureen.

Marigold Soup—Boil a mutton-bone half a day. When the liquor has cooled and had every particle of fat taken off, put on the fire with half an onion, a clove stuck in it, half a small turnip, and a potato pared and sliced. Boil until the vegetables are soft, and then stir in a cupful of cold boiled rice. Take out the onion and turnip, and just before serving sprinkle a few petals of pot marigolds (*calendula*) on top.

Readers of Miss Edgeworth will recall the marigold broth which Barbara Case found so attractive.

Fish.

Fish.

Cusk à la Crême.—Take cold boiled halibut or blue-fish, remove the skin and the bones and put them on to boil in a pint of milk, in which you have also put a blade of mace and a small onion. When it has boiled a few minutes, take out the bones, etc., and thicken the milk with a tablespoonful of flour, rubbed into an equal quantity of butter. Stir into the milk and let it boil up. Put as much fish as you have sauce into a deep dish, sift a few bread-crumbs over it, and bake half an hour.

Salmon Gratin.—One coffee-cup of cold boiled salmon, pulled into flakes with a fork; mix with this one-half cup of cold drawn butter, pepper and salt; fill with the mixture the little earthen dishes that come for cooking eggs "*sur le plat*," cover with fine bread-crumbs, and brown in the oven.

Crumbed Haddock.—Remove the bones and skin from cold boiled haddock and put them on to boil with half a small onion. Pick the fish into flakes and mix with a pint of fish one teaspoonful of salt, half a teaspoonful of pepper, and one cupful of dry bread-crumbs; fill a buttered dish half

full of the mixture, then pour in what remains of your drawn butter, add the rest of the fish, sprinkle crumbs over the top, moisten with the water in which you have boiled the bones, and bake about twenty minutes. It must be more moist than scalloped oysters.

Stewed Lobster.—To make a nice relish of bits of lobster which you have left, put a piece of butter as large as a small egg in a saucepan, add one-half cup of water, nutmeg, salt, and a very little mace. Stew the lobster in this ten minutes.

Baked Cod.—Flake up with a fork cold boiled cod. Put in a pint of milk to a pint of fish, and a little thickening of flour. Salt and pepper to taste, and half a *very* small onion. Put in a pudding dish, cover with crumbs and put little bits of butter on top. Bake until the top is brown.

Scalloped Cod.—Butter an earthenware pudding-dish, and place in it neat flakes of the cold fish with any of the gelatine which is left; line the bottom of the dish, and then pour over it any of the sauce or melted butter that you may have. Sprinkle with salt, a very little red pepper, and a pinch of mace; place alternate layers of fish and sauce until the dish is full. Cover the top with fine bread-crumbs, put bits of butter over the top, and bake for twenty minutes.

Escalloped Lobster.—Butter a deep

dish and cover the bottom with a layer of bread-crumbs, put in next a layer of chopped lobster, with pepper and salt, and repeat the process till the dish is full, having the crumbs come last. Put bits of butter over the top, moisten with milk, and bake about twenty minutes.

Mayonnaise Fish.—Flake up cold boiled halibut and pour over it a dressing made thus. Put two yolks of eggs in a bowl, and add four tablespoonfuls of nice olive oil, little by little, beating the eggs all the time. When it is thick, add two teaspoonfuls of sharp vinegar, and salt and pepper to taste.

Fish in White Sauce.—Flake up cold boiled halibut and set the plate into the steamer that the fish may heat without drying. Boil the bones and skin of the fish with a slice of onion and a *very* small piece of red pepper, a bit of this as large as a kernel of coffee will make the sauce quite as hot as most persons like it. Boil this stock down to half a pint, thicken with one teaspoonful of butter and one teaspoonful of flour braided together. Add *one* drop of extract of almond; pour this sauce over your halibut, and stick bits of parsley over it.

Haddock Soufflé.—One cup of cold baked haddock, and one cup of mashed potatoes mixed together, one-half cup of milk added gradually, salt and pepper as

you like; stir in one egg well beaten, and put in a buttered dish and set it in the oven until it is very hot, then beat the white of another egg very stiff, and stir into it the yolk, also beaten with a little salt and pepper, heap this over the fish, and return to the oven to brown.

Buttered Lobster.—Mince the bits of lobster which you have left, and put in a buttered stewpan to heat. Season with pepper, salt, a dust of nutmeg, and a teaspoonful of vinegar. When it is hot, add half a cup of cream, into which you have beaten one teaspoonful of butter and half a teaspoonful of flour. Let all boil up once, and pour on a platter; garnish with strips of toasted bread, and slices of lemon.

Salmon Salad.—One cup of cold boiled salmon, flaked up very fine, and added to twice the quantity of nice lettuce, cut up with a silver knife; mix together with a fork, heap it on a platter surrounded with lettuce leaves, and pour over it a dressing made as for "Veal Salad." Ornament with nasturtium blossoms.

Salmon Toast.—Cut half slices of stale bread and throw them into smoking hot lard. They will brown at once. Take them out and drain them on a piece of brown paper until you are ready to use them. Heat one cupful of cold salmon, picked into flakes, in one-half cupful of cold drawn butter, adding pepper and salt. When it is hot, stir in one egg, beaten light, with three

tablespoonfuls of cold sweet cream. Pour the mixture on the slices of fried bread. If you have no drawn butter, substitute one-half cupful of milk.

Cod au Fromage.—One cupful of cold boiled macaroni cut up in short bits, one cup of cold boiled cod mixed with it; put in a buttered dish, lay little bits of butter over it, season with salt and pepper, moisten with cold drawn butter, if you have it, if not, use milk, cover with fine crumbs, and sprinkle two tablespoonfuls of grated cheese on top. Bake until brown.

Pickled Salmon.—If you have cold boiled salmon left in a good shape, remove the bones carefully, and put the piece in a deep dish, stick a few cloves in the top, grate on a little nutmeg, and pour over it boiling vinegar, in which a few pepper-corns have been boiled. The next day you will have a delicious dish.

Pickled Halibut.—Take a good shaped piece of cold boiled halibut, stick half a dozen cloves into it, put it in a bowl, and pour over it hot vinegar in which you have boiled a very small bit of red pepper and a blade of mace. The next day arrange lettuce leaves around the edge of a glass dish, and place your pickled fish in the centre, pouring over it what remains of the vinegar.

Warmed-over Fish.—Cold fried fish

should be put on a tin, and set in the oven until hot. When you take it from the stove lay the pieces, for a moment, on brown paper, to absorb the grease, and then place on a hot platter.

Maitre d'Hotel Fish. — Take what remains of any boiled fish, heat over a gentle fire until it is warmed through, and then spread over it a sauce made by rubbing one tablespoonful of butter to a cream, add pepper and salt as you like, one teaspoonful of chopped parsley, and the juice of a lemon; set in the oven a moment, that the butter may penetrate the fish.

Lobster Croquettes.—Take any bits of lobster which you have left and pound it until the dark and light meat and the coral are well mixed; mix with it not quite an equal quantity of fine bread-crumbs; season with pepper and salt and a few grains of cayenne; add a little melted butter (if the bread is very dry it may require two tablespoonfuls). Form the mixture into egg-shaped balls, roll in egg and fine crumbs, and fry in boiling lard.

Fish Pyramid.—Two cupfuls of cold boiled fish, either cod, haddock, or halibut, picked up into flakes with a fork. Put into a saucepan what remains of the drawn butter, add the fish, seasoned with salt and pepper, and one cupful of boiled rice; sprinkle in one teaspoonful of curry powder, and when all is thoroughly heated

pile it on a hot platter, put on it two hard-boiled eggs cut in slices and one teaspoonful of chopped parsley.

Fish Toast.—Take cold boiled fish of any kind, pick it into flakes and heat in enough water to moisten it; add a bit of butter, and season with pepper and salt. When it is hot, pour it on slices of buttered toast, and garnish with hard-boiled eggs, cut in slices.

Fish Croquettes.—One cupful of cold boiled cod picked up very fine, two cupfuls of mashed potato; mix all together very thoroughly, adding salt and pepper to taste; heat the potato and fish, stirring constantly, remove from the fire, and stir in one egg well beaten. When cold, form into croquettes, roll in egg and fine crumbs, and fry in very hot fat.

Salmon Relish.—Put any bits of cold boiled salmon which are left from dinner into a jelly tumbler or small glass jar, and cover it with hot vinegar, seasoned with salt, pepper, and mace. Let it stand over night before using. This relish will keep several days.

Creamed Halibut.—Scald two cupfuls of milk and, when hot, stir in one tablespoonful of butter, braided with one teaspoonful of flour; when it thickens, remove from the fire. Butter a pudding-dish and fill with layers of the fish, sprinkle with pepper and

salt and wet with the thickened milk. Sprinkle over the top a few fine cracker-crumbs, and bake about twenty minutes.

Minced Cod.—Flake up cold baked cod, and to three cupfuls of fish add one cupful of mashed potato, a piece of butter as large as a filbert, half a teaspoonful of corn-starch, and one beaten egg. Heat the ingredients all together, adding the egg last.

Beef.

Beef.

Ampthill Points.—Chop very fine, or put through a mincing-machine, bits of cold beefsteak. To one pint of meat, measured without pressing down, put one cupful of very dry fine crumbs, one heaping teaspoonful of salt, half a teaspoonful of pepper, one pinch of sage, two teaspoonfuls of Harvey's Sauce; mix all thoroughly, and moisten with a little stock, sufficiently to have it stick together. Heat in a saucepan, and when hot stir in a beaten egg and cook a moment. Remove from the fire, press it down hard and evenly in the saucepan, and when it has cooled a little turn out in a cake. This can be easily done, by laying a Washington pie-tin the size of the saucepan over it, and reversing them quickly; tap the bottom of the saucepan with a knife-handle and the meat will drop out in a cake. Put a buttered paper over it and set away to cool. When perfectly cold, cut in pieces like a small piece of pie, cover each slice with beaten egg, and then with dry bread-crumbs, rolled and sifted; lift carefully into the frying basket, and plunge in hot lard. They will brown very quickly and should be arranged on a hot platter, the points all meeting in the centre, so as to form a

pyramid. Stick a bit of parsley in each point.

Beef and Potato Pie.—Cut cold roast beef or rare-done beefsteak into thin slices, and put a layer into a pie-dish ; dredge in a little flour, salt and pepper, then peel and slice in, one tomato, with one tablespoonful of grated onion ; put another layer of beef, and pour in enough gravy or soup stock to moisten it. Have ready one large cupful of mashed potato, moistened with enough milk to make it soft, spread this over the top of the pie, and bake about twenty-five minutes. Just before taking it from the oven rub a little butter over the top.

Beef en Ragout.—Cut one or two slices of salt pork into dice, and fry until brown ; pour in a little stock, or water, in which cook three or four potatoes cut in slices, a sprig of parsley, thyme, and a small bay-leaf, pepper and salt. Half an hour before serving, put in your slices of beef, adding a dash of vinegar, if you like.

Miroton.—Fry in butter three or four onions cut in slices ; when they are of a good color add a little flour, a little stock, and mushrooms if you have them. Let them simmer until the onion is soft enough to mash fine ; then put in your beef in thin slices, and let it cook a little while. Some add, just before serving, a little vinegar.

Beef au Gratin.—Put in a dish which

will bear the oven, a few bits of cold boiled pork or ham, if you have it, if not, a little butter and water, add two or three mushrooms, parsley, chives (or a bit of onion); cover with cracker-crumbs, or dry bread-crumbs; lay upon this, slices of cold beef, cover with the crumbs, moisten with a little stock, and bake in a gentle oven. When cooked through, put on the upper slide to brown.

Cecils.—Mince fine one cupful of rare roast beef, add one-fourth cupful of dry bread-crumbs, one-fourth of a small onion, grated, one teaspoonful of chopped parsley, one-fourth a teaspoonful of pepper, and one teaspoonful of salt; stir in a little good stock, and one egg, beaten. The mixture should be as soft as you can handle it. Heat all together, and when it is cool, mold in the bowl of a spoon into egg-shaped balls, roll in fine crumbs, and fry a light brown in *hot* lard. Make a gravy of one cup of stock, thickened with browned flour, and flavored with one teaspoonful of Halford Sauce and pour over the cecils.

Persillade.—Warm over the fire, very thin slices of beef in a little stock, or dish gravy, and sprinkle with fine herbs; pour over them hot, a little more stock, add a little lemon-juice, or a dash of vinegar, and garnish with parsley.

Courtland Beef.—Shred rare roast beef fine, leaving in some of the fat. Put in a

small stewpan, which has been rubbed with a clove of garlic, a little water, and half a small onion, pepper and salt; boil until the onion is quite soft, then put some of the gravy of the meat in it, and the mince. Do not let it boil. Have ready a hot dish with triangles of toasted bread laid around it; mix a little vinegar with the meat, and serve.

Tongue Hash.—Chop the heel of a cold boiled tongue, and add twice as much chopped boiled potato, and enough mustard to season it. Put a piece of butter as large as an English walnut into a frying-pan, moving the pan about as it melts, so that every part may be thoroughly coated. Put in the hash, and press it down firmly, adding enough hot water to moisten it slightly. When it begins to cook, press it away from the sides of the pan, so as to have it in an oval form, and as soon as it is brown, turn out on a hot platter, and garnish with pickled beet, cut in fancy shapes.

Potted Beef.—Remove all bone and gristle, and chop very fine, the remnants of cold roast beef; season with salt, and a very little cayenne pepper, and a pinch of clove, mace, and sage. Moisten with stock which has been boiled down with a bit of onion in it; it should be strong enough to be very hard jelly when cold. Rub an earthen gallipot with a clove of garlic and press the meat into it. Place the gallipot in a pan of hot water, and bake two hours.

Beef Salad.—Cut delicate slices of cold roast or boiled beef; arrange with a garnish of cresses, or rounds of pickled cucumbers, or shrimps, and serve with salad dressing.

Beef Balls.—Chop cold roast beef, or bits of beefsteak, very fine, freeing them from bits of gristle, but leaving in the fat. To half a pint of meat, put one small cupful of crumbs, rolled and sifted, one teaspoonful of salt, pepper to taste. Moisten the whole with any soup or stock you may have, add a little Worcestershire Sauce, heat all together, and then stir in one egg well beaten. Set the mixture away to cool. When cold form into balls, roll in egg and fine crumbs, and fry in a frying-basket for two minutes.

Corned Beef Hash.—Chop cold corned beef, and to one cupful of meat add two cupfuls of cold boiled potatoes, chopped; mix in one teaspoonful of dry mustard, and a little pepper. Put a piece of butter as large as half an egg in a frying-pan and let it melt slowly, rubbing the lump around, so that the pan will be thoroughly buttered. Put in the hash, pressing it down smoothly all over the pan, pour in hot water enough to moisten it slightly, and let it cook without stirring at all, until you think it is brown on the bottom; you can tell by pressing it back from the sides with a knife—when it just begins to brown on the sides it is done. Turn out on a hot platter in a cake. Put rounds of pickled cucumber about the edge.

Pressed Beef.—As soon as your boiled corned beef comes from the dinner-table, while it is still warm, chop fat and lean together. It does not need to be made very fine, only so that fat and lean may be thoroughly mixed. Stir in enough dry mustard to flavor it. Put the meat in a baking-tin and put another tin of the same size inside the one containing the meat; put in this two or three flatirons, for a weight, and let the meat stand over night. The next day it will turn out in a good loaf, from which nice slices can be cut

Chapel Hash.—Cut bits of cold beefsteak into mouthfuls, and put the bones and trimmings which you have left, into a saucepan, with enough cold water to cover them. When the water has boiled five minutes, take out the bones, and put in your bits of beef, with twice the quantity of cold potatoes, cut in pieces, add pepper and salt, and boil all together half an hour.

Breslau of Beef.—Mince cold roast beef very fine, and to one cupful, allow half a cupful of minced salt tongue, season with half a teaspoonful of salt, and one-fourth teaspoonful of pepper; add one egg. Press the mixture into a small bowl, and then turn out on a buttered tin sheet, brush over with egg, sprinkle on a few fine cracker-crumbs, and brown in the oven.

Beef and Tomato Sauce.—Peel half a dozen medium-sized tomatoes, and stew

them with a very small bit of red pepper, a little salt, two cloves of garlic, half a bay-leaf, a sprig of thyme, and a sprig of parsley. When the tomatoes are soft, strain and return the juice to the fire, with one even dessertspoonful of sugar, and a piece of butter as large as a nutmeg. Prepare a thickening, by stirring one heaping teaspoonful of flour, with a little cold water, when it is smooth, add gradually to the boiling juice, stirring constantly. It should be as thick as a thin custard when it is done. Have ready cold roast beef, cut in slices, and pour the boiling sauce over it a few minutes before serving.

Beef Cakes.—Chop some beef that is rare, with a little fat bacon or ham, season with pepper, salt, and a little onion, mix well, and form into small cakes. Fry them a light brown, and serve with a good gravy made of soup stock thickened with browned flour.

Fricassee of Cold Roast Beef.—Cut the beef into very thin slices, shred a handful of parsley very fine, cut a small onion into quarters, and put all together into a stew-pan, with a small piece of butter and some strong soup stock; season with salt and pepper, and simmer very gently fifteen minutes; then mix in the yolks of two eggs and a teaspoon of Worcestershire Sauce. Rub a hot dish with a clove of garlic and turn the fricassee into it.

Puff Paste.—The only way of economiz-

ing in pastry is not to have it so frequently as to tempt the prudent housekeeper to inflict on her family the pale, tough compound which is usually called "plain pie crust." Good pastry or none, should be the only alternative. For meat pies, the crust should be flaky and delicate. The following receipt will prove satisfactory if it is followed exactly, although the process is not so elaborate as some cooks recommend. The best results cannot be obtained in warm weather, for pastry should always be made in a cool place, and all the ingredients should be very cold.

Put one pint of sifted pastry flour into the bowl. Have ready one cupful of nice butter, from this take a piece as large as a small egg and cut it into the flour, then rub with the hand until the butter is thoroughly mixed. Pour in ice-water, a little at a time, stirring it into the flour, until you have a very hard dough. As soon as you can make it form into a mass, it is moist enough. Divide what remains of your butter into three equal parts. Take out the dough on a floured board, and roll it out, touching it with the hands as little as possible. Put little bits of butter all over it until you have used one of your three pieces, dredge lightly with flour, and beginning at the end nearest you, roll up the crust in a tight roll, without pressing it with the hands. Cut the roll in three pieces, and place the pieces on top of each other, having the cut ends come at the sides, so as to have it in the same position as before.

Press down with the rolling-pin, and roll it out again, being careful to keep it in the same position on the board. Roll in the other third of butter in exactly the same manner, always keeping it in the same position. After the third piece has been put in, the crust should be put in the ice-chest or cellar for a while. If you like, it can be kept several days. When you wish to make the pies, press the rolls down flat and roll out as before, so as to keep the layers right, that the pastry may puff up. The bits which are left from each pie should be laid flat on top of each other, instead of being molded into a lump. This kind of pastry can be rolled very thin, and if baked in a quick oven will puff up to many times its original thickness. This quantity of crust will make three medium-sized apple-pies, or will be sufficient for quite a large meat-pie.

Beef Pie.—Line the sides of a pudding-dish with puff paste made as directed above. Lay in, small slices of cold roast beef, pepper, salt, then a few slices of cold boiled potatoes, proceed in this way until the dish is full. Pour over it a cup of gravy, and the same quantity of canned tomato. Cover with pastry, putting a rim of it round the edge of the dish, before you put on the cover; ornament with strips or leaves of pastry. Bake half an hour.

This makes a good dinner for Monday, if you reserve enough pastry for the crust from Saturday's baking.

Beef Loaf. — One pound and three-quarters of rare beef, chopped very fine, fat and lean together (remove all the gristle); five Boston crackers rolled and sifted; a piece of butter as large as an English walnut; two eggs well beaten; one heaping teaspoon of salt; half a teaspoon of pepper; half a teaspoon of cinnamon; half a teaspoon of allspice; half a teaspoon of sage; a pinch of clove; the same of mace and nutmeg. Knead all together very thoroughly. Make into a loaf, rub a little butter over it, and bake about two hours slowly. When cold, cut in thin slices. It is better not to cut it until the day after it is baked.

Spiced Beef Relish.—One pound of rare beef chopped very fine (if you have a mincing-machine put it through that); three Boston crackers, rolled and sifted. Add salt and pepper to taste; one tablespoonful of Harvey's Sauce, and a pinch of sweet marjoram; one egg well beaten. Work all together with the hand until it is thoroughly mixed. Form in a loaf by pressing into a bowl, and turn out on a buttered tin. Rub a little butter over it, and pour on a large cup of the juice of canned tomato. Set in the oven and bake three-quarters of an hour, basting frequently with the tomato. The next day serve cold.

Beef Croquettes.—One cup of lean beef; half a cup of the fat; half a cup of cold boiled or fried ham; a piece of onion as large as a silver dollar: one teaspoonful of

salt ; half a teaspoonful of pepper ; a pinch of sage ; and a little grated lemon-peel. Chop all as fine as possible, or put through a mincing-machine. Heat, with half a cup of stock, or cold soup, and add one egg well beaten. Form into croquettes ; roll in flour or fine crumbs, and fry in hot lard.

Chipolata.—Put a piece of butter as large as a nutmeg in a frying-pan, and when it is hot, slice into it half a small onion. When the onion is fried brown, pour in one cup of cold beef or tomato soup, and add one sprig of thyme, one bay leaf, one sprig of parsley, with salt and pepper. When it boils, stir in a thickening of one heaping teaspoonful of flour, wet with cold water. Add a little caramel, and just before serving put thin slices of cold roast beef into the gravy, and let them heat through. Pour on a hot dish, and garnish with stoned olives.

Mutton and Lamb.

Mutton and Lamb.

Sanders.—Mince cold mutton with a very little onion; add pepper and salt to taste, and enough gravy to moisten it thoroughly. Put into patty-pans, and cover the top with mashed potato, mixed with a little cream. Put a bit of butter on the top of each, and put in the oven to brown.

Mutton Pie.—Cut cold mutton in slices, and lay in a pudding-dish; sprinkle with salt, pepper, and chopped parsley; put in then a layer of cold potatoes sliced thin, and then meat as before. Moisten with strong stock in which an onion has been boiled. Cover with pastry made as directed on page 35, and bake twenty minutes.

Mutton and Rice.—Mince into dice, pieces of cold mutton; add one cupful of cold boiled rice, to one cupful of meat. Butter a saucepan thoroughly, pour in a little water, add the mutton and rice, and stir until it is hot; then pour in two eggs slightly beaten, and stir until the eggs are cooked; sprinkle with pepper and salt to taste.

Scrambled Mutton.—Two cupfuls of chopped cold mutton; two tablespoonfulsof

hot water, and a piece of butter as large as an English walnut. When the meat is hot, break into it three eggs, and cook until the eggs begin to stiffen, stirring it constantly. Season with pepper and salt.

Michel.—Cut cold boiled mutton in bits as large as a chestnut, and mix with it twice the quantity of cold boiled or baked potatoes, cut in the same way; add what remains of your drawn butter—you will need about a cupful of drawn butter to a quart of meat and potato—heat all together and serve very hot. Garnish with rounds of pickled cucumbers.

Mutton Rechauffé.—If you have a leg of mutton from which only a few slices have been cut, you can make it presentable a second time by heating it in a Warren's Cooker, or a steamer, and then filling in the place where the meat was cut out with hot mashed potato; rub a little gravy over it, and set in the oven to brown.

Lamb Scallop.—One cupful of cold lamb, chopped fine; one cupful of stewed tomato; one cupful of fine bread crumbs. Arrange all in layers in a buttered dish, having the crumbs at the top; season with salt and pepper, put bits of butter on top and bake.

Mutton in Browned Sauce.—Cut the meat from cold roast mutton, in small slices; put all the gristle, hard bits, and bones,

broken up, in enough cold water to cover them, and put on to boil. Put a little of the fat in a frying-pan, and when hot, slice into it a small onion, and fry until it is brown. Boil down the stock, until you have about a cupful, and pour it over your fried onion; add salt and pepper, and a thickening of one even teaspoonful of corn-starch, wet with cold water. When it has all boiled, remove the bits of onion, and put in a tablespoonful of Harvey Sauce, and enough caramel to make the gravy a good brown; add the meat, and let it heat through only.

Mutton in Tomato Sauce.—Peel and slice six tomatoes, and boil them until tender, with one bay leaf, two sprigs of parsley, one clove of garlic. When they are cooked sufficiently, strain, and return to the fire. Mix one tablespoonful of butter with a heaping teaspoonful of flour; add a little of the hot juice, stir until it is free from lumps, and pour into the sauce. Stir until it thickens slightly; add pepper and salt to taste, and one very small lump of sugar. Have ready your cold boiled or roast mutton, cut in thin slices, pour the hot sauce over it, and let it stand on the back of the stove until the meat is heated through.

Shepherd's Pie.—Butter a small platter very thoroughly, and spread over it warm mashed potato mixed with enough milk to make it a little soft. Flute the potato around the edge of the platter with the tines of a silver fork, set in the oven to

brown; when it is as brown as pie-crust, and stiffened enough so that it could be easily cut, pour over it a mince of cold mutton, made by cutting the meat in small bits, and warming it in a little thickened gravy. This makes a delicious breakfast dish.

Mutton in Sauce Blanche.—Put in a bowl a piece of butter as large as an egg, and one tablespoonful of flour; rub together until it is thoroughly mixed; then pour on one coffee-cupful of boiling water; set the bowl into the top of the tea-kettle, and stir until the mixture is smooth and thick, like a custard. Have ready cold boiled mutton, cut in pieces as large as half a dollar, and sprinkled with pepper and salt, stir the meat into the boiling sauce—there should be twice as much mutton as sauce—pour on a hot platter, and garnish with hard-boiled eggs, cut in slices.

Mutton en Hochepot.—Put into a frying-pan a bit of butter as large as a walnut, and when very hot, lay into it slices of cold roast mutton, dredged with flour, and keep them in just long enough to brown slightly; take out the meat, and put in a warm place; add a little more butter, and slice in half an onion, two potatoes, half a turnip. Fry all a good brown, and then turn in one cupful of stock, or cold soup; let all boil up until the vegetables are tender, and then return the meat to the gravy and serve.

French Hash.—Chop your mutton very

fine, and mix with one cup of meat one teaspoonful of salt, one-quarter teaspoonful of pepper, one teaspoonful of chopped onion, one teaspoonful of chopped parsley. Put a piece of butter as large as a walnut in a frying-pan, and when it is melted put in the meat, and let it brown; then pour in enough stock to moisten it slightly, and serve with strips of bread which have been fried crisp in very hot fat.

Lamb à la Matelot.—Cut rather thick slices of cold lamb, beat one egg, and lay the slices in the beaten egg. Lift the pieces of lamb one by one from the beaten egg, let them drain a moment, and then cover each piece with sifted crumbs, seasoned with pepper and salt, and fry in *hot* lard.

Egg Scallop.—Cut cold boiled mutton into small pieces. If you have none of the drawn butter left, make a little stock with the dry bits of meat and gristle. Allow two cups of meat to one cup of gravy. Butter a small pudding-dish, and sprinkle the bottom with dry crumbs; pour on the meat and gravy, seasoned with pepper and salt, and one teaspoonful of chopped onion; cover the top with dry bread crumbs, making the dish not quite full, and having the top as smooth as possible; put little bits of butter over the crumbs; cover with a plate, and bake about twenty minutes; then take off the plate and break enough eggs over the top to cover the crumbs and return to the oven until the eggs are cooked.

Potato Pie.—Mince cold mutton with a very little onion, pepper and salt to taste; put in enough gravy to make it quite moist, and a few capers. Pour the mixture into a buttered pudding-dish, spread the top with mashed potato, and put in the oven; when it is very hot, rub a piece of butter over the top, and return to the oven to brown.

Tomato Pie.—Butter a pudding-dish, and sprinkle the bottom with crumbs; then lay in slices of cold mutton, sprinkle with pepper and salt, cover the top thickly with slices of raw tomato, being careful not to leave on a bit of the skin; sprinkle on pepper and salt and half a teaspoonful of sugar; sift fine bread-crumbs over the top; put on a teaspoonful of butter, cut up in little bits, and bake slowly until it is brown.

Bordered Mutton.—Two cups of stock, made from boiling the bones and hard bits of the mutton; when it boils, stir in a thickening made by stirring one tablespoonful of browned flour with a little cold water; when the gravy is thick and smooth, put in your slices of cold mutton, sprinkled with salt and pepper, and let the meat heat for a few minutes in the hot gravy; have a hot platter ready, and heap the meat in the centre of it; put around the edge a border of hot boiled rice—this should be cooked so that the grains will be soft, and yet not mashed together.

Minced Mutton.—Chop cold mutton very fine, and put in a frying-pan with cold gravy enough to moisten it; season with pepper and salt; as soon as it is very hot, pour it on slices of buttered toast, and garnish with sliced lemon.

Haricot of Mutton.—If you have part of a leg of boiled mutton, saw off the end of the bone from which the meat has been cut, so as to leave the remainder in a good shape; put both pieces into a closely covered sauce-pan; cut in dice, one carrot, one turnip, and one onion; put in four cloves and half a teaspoonful of salt; pour in hot water enough to cover the mutton, and simmer gently until the vegetables are very soft; then take out the meat and the bone, thicken the gravy with two teaspoonfuls of flour, wet in cold water; let it boil up after the meat is removed, and turn it over the mutton.

Chelsea Mutton.—Cut cold roast mutton into thin slices, taking off all the pieces of gristle or hard bits. Put into a stewpan, and pour over it what remains of the gravy, in which one stalk of celery, a sprig of thyme, and a very small bit of red pepper have been boiled. Cook just long enough to heat the meat through.

Golden Mutton.—Cut cold roast mutton into nice slices and lay in a buttered pie-dish with pepper, salt, and one tablespoonful of currant jelly; add the cold gravy;

and if you have not enough to moisten it, put in a little water; dredge the top lightly with flour, and cover it with boiled rice, in which you have mixed a little butter, pepper, and salt; pour over it a beaten egg, and bake in a slow oven until the top is delicately browned.

Turkish Pilap.—Take one pint of good stock, or the same quantity of rich soup; add half a cup of tomato juice. When the soup boils, stir in half a cup of raw rice, well washed, and cook twenty minutes in a double boiler or tea-kettle pail. By this time the rice should have absorbed the soup. Stir into this one cup of cold lamb, cut in small pieces. When it has cooked long enough to heat the meat, stir in three tablespoonfuls of melted butter, and serve in five minutes.

Maryland Pie.—Pare six medium-sized potatoes, cover with hot water and boil until they are soft, mash them with a little milk and salt. Butter a small pudding-dish, and put some of the potato around the sides. Lay in slices of cold mutton, that which is a little rare is best. Put in pepper and salt, a wine glass of catchup, and enough gravy to make the meat quite moist. Cover with mashed potato, score it with a knife, and bake in the oven about forty minutes. Just as it begins to brown rub a little butter over the top.

Veal.

Veal.

Blanquette Dijon.—Half a cupful of cooked ham, chopped very fine; one cupful and a half of cold veal, cut in thin bits as large as a quarter of a dollar.

Butter a saucepan, and pour in a coffee-cup of milk, the richer the better, no matter if it is cream; when it boils stir in one heaping teaspoon of flour wet with cold milk; let it boil until it is as thick as a thin custard, then add the meat, a teaspoon of salt, and a little pepper, and a dust of nutmeg; when it is hot stir in the yolk of one egg, beaten up with one-third of a cup of cold milk; stir for a minute and then pour on a hot platter, and garnish with hard boiled eggs and slices of lemon.

Veal Pasties.—Cut cold veal into dice, and to one cupful of veal allow one tablespoonful of grated ham; heat with half a cupful of sweet cream; season with pepper, salt, and a very little nutmeg.

Have ready some large tarts made of puff paste (see page 33), and just before serving put a spoonful of the mince in each. If you like you can lay a thin slice of lemon on top.

Garnishing Jelly.—Boil the bones of

veal, with a bit of onion, letting the stock boil down until it is quite strong. When it is cold, remove the fat, and to one coffee-cupful of the stock, add salt and pepper, half a bay leaf, a dust of nutmeg, and a few drops of lemon-juice. Soak one-fourth of a box of gelatine one hour in cold water, and then add it to the boiling stock; when it has dissolved, add enough caramel to make it a good color. Strain on a platter, having the jelly about half an inch thick over it, and set in a cold place. When it is hard, it can be cut in little cubes and used to garnish cold meats, etc. Thin slices of cold veal and ham, arranged alternately on a platter, with a little of this jelly on each slice of veal, and a few rounds of pickled cucumbers around the edge of the platter, is an attractive dish for the tea-table.

Veal Croquettes.—One heaping cupful of chopped veal; one cupful of bread-crumbs, very dry and fine; two teaspoonfuls of lemon-juice; one teaspoonful of salt; a *very* little red pepper; a pinch of sage; one teaspoonful of chopped parsley; moisten with a little sweet milk; heat it, and add one egg well beaten. It is impossible to tell the exact quantity of milk, as the crumbs may take up a good deal. The mixture should be as soft as you can handle when it is cold. When it is cool form into rolls about four inches long and less than an inch in diameter, roll in sifted cracker-crumbs, then in egg, and

then in crumbs again, and fry in very hot lard.

Spring Croquettes.—Chop cold roast veal very fine. If you have an English mincing machine, it will be fine and dry, but if you are obliged to do it by hand, have your chopping knife as sharp as possible, and only put a little at a time into the chopping bowl. To three cupfuls of veal, put half a cupful of grated or chopped ham, half a teaspoon of pepper, and two teaspoons of salt; half a teaspoonful of celery salt, and a very little nutmeg, and half a cupful of dry bread-crumbs. Mix all well together, and pour in enough stock, made of the trimmings of your veal, and your ham bone, to make it as moist as mince-pie meat. Heat all together and then stir in two beaten eggs and cook a moment. Set the mixture away to cool. When it is cold form into croquettes, roll in sifted crumbs, then in beaten egg, and again in crumbs. Fry a light brown.

Baked Croquettes.—Two cupfuls of finely chopped veal; half a cupful of dry bread-crumbs; one teaspoonful of salt; half a teaspoonful of pepper; a pinch of mace; one egg well beaten. Form in croquettes, roll in egg and cracker-crumbs, and bake in a quick oven.

Veal Toast.—One coffee-cup of chopped veal; one cup of hot water; a piece of butter as large as a butternut; one tea-

spoonful of salt, and one-fourth teaspoonful of pepper. Have ready on a platter slices of bread toasted brown, and buttered; if the crusts are hard, dip the edges in hot water. When the minced veal is thoroughly hot, pour it on the toast, and serve at once.

Veal Dice.—Cut cold veal into dice; boil the outside and hard bits in a little water; while this is cooking, rub one tablespoonful of butter into one heaping teaspoonful of flour; strain off the boiling stock, and mix with the butter and flour, stirring until it is smooth; sprinkle salt and pepper over the meat, and stir it into the gravy you have just made; pour on a hot platter, and slice two hard boiled eggs over the top. To make enough for breakfast for four persons, you will need one and one-half cups of the veal, and one cup of the gravy.

Veal in Batter.—Make a batter of as much flour as can be heaped on a tablespoon, and one cupful of milk; stir the milk gradually into the flour so as to make the mixture perfectly smooth; add one egg well beaten; pour a little of the batter in the bottom of a buttered pudding-dish, then put in cold veal cut in bits and seasoned with salt and pepper, and a little shred onion; pour the remainder of the batter over it, and bake in a slow oven.

Veal Salad.—Cut pieces of cold veal into bits, not as small as dice; put in it an equal quantity of celery, cut in small pieces;

mix thoroughly, and pour over it a little of the dressing, reserving the rest to put on the top when it is arranged in the dish; garnish with lettuce-leaves and hard boiled eggs cut in slices. Lettuce can be substituted for celery.

Dressing.—Mix one dessert-spoonful of dry mustard, half a teaspoonful of salt, one-quarter teaspoonful of pepper, half a teaspoonful of celery salt, with one tablespoonful of butter; when it is all thoroughly stirred together, add the yolks of two eggs; beat well, and stir into one cupful of hot sweet cream; stir all together over the tea-kettle, until it thickens like a custard, take from the fire, and add two tablespoonfuls of vinegar.

Veal Hash.—Chop half a pint of fricasseed veal. Do not make it as fine as you would for croquettes. Put one cupful of the gravy in a saucepan. If you have not as much as that, make some by boiling the tough bits of meat and the bones in a little water. When hot add pepper and salt, and stir in the meat. Let it first heat through, and then pour it on a platter. Garnish with hard-boiled eggs, cut in slices.

Galantine.—Two cupfuls of cold veal, chopped fine, and measured without pressing; half a cupful of cold ham, with a little of the fat chopped with it. Soak one-quarter box of Cox's gelatine in a little cold water; boil the dry bits of your veal with salt, pepper, a bit of onion, one-half a bay-

leaf, and a bit of parsley; strain, and add to the stock the soaked gelatine; season the veal and ham, with salt, pepper, a little nutmeg, and sage, and a little lemon-juice. Mix well, and put it in a small baking-tin or a bowl, being careful not to pack it down tightly; pour in the stock, having boiled it down until you have just enough to fill the mold; let it stand over night, and the next day turn out on a platter and garnish with parsley.

Breakfast Veal.—Butter a small oval dish very thoroughly, and fill with bits of cold stewed veal, seasoned with pepper, salt, and a little nutmeg; put in alternately with layers of cracker-crumbs; moisten with gravy, put bits of butter over the top, and bake. When it is brown turn out of the dish on a hot platter and garnish with parsley. If it is not too moist it will keep its form when it is turned out.

Veal Pie.—Take what remains of stewed or fricasseed veal, line the sides of a pudding-dish with nice pastry, and lay in the cold veal with the gravy, adding pepper and salt, if required. A few raw oysters are an improvement. Cover the top with pastry, ornamented with bits cut into fancy shapes, and bake until the crust is done. Make the crust as directed for Beef Pie on page 33.

Roast Veal Pie.—Cut cold roast veal into slices, with the stuffing, and lay them in a deep dish, adding pepper and salt;

dredge lightly with flour, and put in the gravy that was left, with a little hot water added to it; a dish that holds three pints will require one cupful of gravy. Cover the top of the pie with a crust made as follows. One pint of flour with two teaspoonfuls of baking powder sifted through it; add a piece of butter as large as half an egg, rubbing it into the flour with the hand. Wet with sweet milk enough to make a dough as soft as you can handle it. Different qualities of flour differ in the quantity of wetting required.

Salem Veal.—Cut cold veal into slices; put a piece of butter as large as a small egg into a frying-pan, and when it is hot dredge in a very little flour and put in the slices of meat which you have sprinkled with flour, salt, and a little pepper. When the meat is brown, take it out, and add a cup of cold gravy, and a wine-glass of tomato catchup. If you have a few slices of cold ham, put those in the gravy, and pour it over the veal.

Scalloped Veal.—Mince cold veal very fine. Put a layer in the bottom of a buttered pudding-dish, season with pepper, salt, and a very little nutmeg; then put in a thin layer of fine cracker-crumbs, then another layer of meat, and so on until the dish is full. Wet with good broth, in which an onion has been boiled. If you have no broth, make a little, by boiling the bones and trimmings of your veal. Put over the

top a layer of cracker-crumbs, wet into a paste with a little milk, and mixed with a beaten egg. If your oven is not very slow, it is best to cover the dish with a pan for the first half hour, and then let it brown ten minutes after you uncover it.

Creamed Veal.—Chop cold veal, or cut it in small thin slices, leaving out the stringy part, for your stock kettle. If you have a pint of meat it will be enough for a handsome dish. Put one teacup of rich milk into the teakettle-pail, and when hot, add one tablespoonful of flour and one of butter braided together. Let it boil up, and then stir in the veal, seasoned with pepper, salt, a pinch of mace, and a slice of onion. When hot, pour on a platter edged with leaves of puff pastry, and lay a few on top of the mince. The leaves can be made of remnants of pastry when you are making pies, and will keep for a week, needing only to be heated through, when you wish to use them.

Waverly Veal.—One cup of finely chopped veal; one even teaspoonful of salt; one-quarter teaspoonful of pepper, and a pinch of mace. Heat with half a cupful of milk—cream is better if you have it. When hot, fill earthen patty-pans, sift fine bread-crumbs over the top, put on each a very small bit of butter, and bake until brown.

Veal Jelly.—Chop cold veal very fine; put the bones and hard pieces on to boil in

enough cold water to cover them. Soak one-quarter of a box of gelatine in cold water an hour or more. If you have two cups of meat, put in one even teaspoonful of salt, one-quarter teaspoonful of pepper, a dust of nutmeg ; take a tin or a bowl, and put on the bottom cold boiled eggs sliced, and on that, place your chopped meat ; boil down your stock until you have only one cupful, adding salt to your taste, and while it is hot, stir in the gelatine, and pour all over the veal in bowl, being sure to fill all the space left. The next day turn out on a platter, and garnish with sliced lemon.

Ragout.—Cut cold veal cutlets into small pieces ; put a piece of butter as large as a walnut in a frying-pan, and when hot, drop in the veal and stir a few moments ; dredge in a little flour and then pour in one cup of stock, made by boiling the bone and dry bits of your veal ; season with salt and pepper, and let it boil up ; then add four cold boiled potatoes, cut in slices ; rub your platter with a clove of garlic, and pour the ragout on it.

Blanquette of Veal.—Cut the veal in thin slices, and put in a saucepan a piece of butter as large as an egg, and when it is melted, put in a teaspoonful of flour. Be careful to have it thoroughly mixed with the butter, but do not let it brown ; add salt, a little mace, and pepper ; pour in one cupful of hot water, then put in your sliced veal, and heat over a gentle fire. Just be-

fore serving, stir in the yolk of an egg. French cooks often add a few drops of vinegar, but one teaspoonful of lemon-juice is better.

Veal and Tomatoes.—Arrange delicate slices of cold roast veal on a platter, and put over them sliced raw tomatoes, and pour over the dish a salad dressing made as follows: Rub to a powder with a silver spoon the yolks of two hard-boiled eggs, add half a teaspoonful of salt, half a teaspoonful of pepper, half a teaspoonful of white sugar, half a teaspoonful of dry mustard. When the seasoning is mixed with the egg, add two tablespoonfuls of nice salad oil, stirring in gradually, and when well mixed, put in half a cupful of vinegar. The meat, tomatoes, and dressing should all be very cold.

Poultry.

Poultry.

Roman Remoulu.—Cut the white meat of a cold chicken into thin slices, and mix with it some grated ham or tongue. To one pint of meat allow four ounces (twelve sticks) of macaroni, boiled until tender, half a cupful of sweet cream, pepper and salt to taste, and two eggs well beaten. Boil in a buttered mould three-quarters of an hour. Turn out carefully, and serve hot.

Chicken Purée.—Pick into small bits cold roast or boiled chicken, and season it with salt and pepper. Boil the bones and skin, in enough water to cover them, strain and return to the fire. When it boils, stir in for one cupful of the stock, one small teaspoonful of flour braided with one teaspoonful of butter. Add a little celery salt, and stir in the meat. Serve with triangles of bread which have been fried crisp in very hot lard.

Macaronied Chicken.—Take what you have left of plain boiled macaroni, and cut it in short pieces. Arrange these around the edge of a small platter which has been thoroughly buttered. Grate a little cheese over it, and brown in a quick oven. Have

ready one cupful of cold chicken cut in small bits, and heated with what remains of the gravy, or a little butter and water. Season with pepper and salt, and pour on the bordered platter.

Chicken Salad without Celery.—Cut cold chicken into small bits, or tear it into shreds; mix with it an equal quantity of nice raw cabbage chopped fine, season with pepper and celery salt. Prepare a dressing by beating the yolks of four eggs, add to these, half a cup of butter, half a cup of cream, half a gill of vinegar, one heaping tablespoonful of prepared mustard; put the mixture into a bowl over the tea-kettle, or in a pan of hot water; stir until it is thicker than boiled custard, and then take it from the fire. Take part of the dressing and thin it with vinegar until it can be easily mixed with the chicken and cabbage. Pour over the top the thick part of the dressing. Some persons add a little sugar.

Rice and Chicken. — Take fricasseed chicken and remove the bones from the largest pieces, leaving the others in. Cover the bottom of a small pudding-dish with cold boiled rice, then put in a layer of the chicken sprinkled with pepper and salt; then more rice, and so on until the dish is full. Have the last layer rice. Put in the gravy which is left, and cover the whole with the yolk of an egg well beaten. Set in the oven and bake until it is a light brown.

Chicken Tarts. — Mince cold chicken very fine, and season with pepper and salt to taste. Boil one cupful of milk with half an onion, and a blade of mace in it; when it is scalding hot, take out the onion and mace, and stir in a thickening made of one teaspoonful of flour wet with a little cold milk. When it has boiled a few minutes mix in two cupfuls of your chopped chicken. Have ready some rather large tarts made of puff paste, and put a spoonful of the mince in each. Directions for making the pastry are on page 33.

Chicken Short-Cake. — Cut the meat from the largest pieces of cold stewed chicken and remove the bones—the wishbone and other small pieces may be left whole—heat, adding more gravy if necessary, and when hot pour on a short-cake cut in pieces, made as follows:

Short-Cake.—Mix two teaspoonfuls of baking powder with one pint of flour. Rub into it a small half cupful of butter, and then add one cupful of sweet milk. Bake in a quick oven, in a thin sheet.

Hampstead Chicken.—Cut cold boiled fowl into pieces as you would joint up a chicken to stew. Heat it thoroughly in a steamer. Have ready one cupful of nice drawn butter, hot, and pour it over the fowl after you have arranged it on a platter. Sprinkle over it a few capers, and put around the edge of the platter thin shavings of bacon, fried very crisp.

Salmis.—Cut cold chicken into small bits, and heat in enough drawn butter to make it quite moist; season with pepper and celery salt; when hot, take from the fire and add one egg, well beaten, and one teaspoonful of lemon juice; cover the bottom of a buttered dish with fine bread-crumbs, and pour in the chicken, sift crumbs over the top, stick bits of butter over it, and bake until brown. The gravy of the chicken can be substituted for the drawn butter, if preferred.

White Mountain Chicken.—Cut cold boiled chicken into small bits, sprinkle with pepper and salt. Allow one cup of nice drawn butter, to two cups of meat. Heat all together. Have ready some nice mashed potato, hot, and form into little mounds by pressing it into an egg-cup; arrange these mounds around the edge of a small platter and pour the hot chicken in the centre.

Nonpareil.—Cut or tear cold chicken into inch bits, and mix one cupful of the meat with two cupfuls of cold boiled potatoes cut in cubes; sprinkle with pepper and salt, and put into a small pan in which you have melted a piece of butter as large as a walnut; pour in what remains of your gravy, and add water until you can see it. Boil all half an hour.

Fried Chicken.—Cold roast or boiled fowl can be dipped in batter and fried.

Make the batter of four heaping tablespoonfuls of flour, one egg, half a cupful of water, and two tablespoonfuls of salad oil. Add the water to the flour gradually, stirring it smooth ; then beat in the yolk of the egg with half a teaspoonful of salt, and just before you want your batter, stir in the beaten white. Some flour may require a little more water. Dip each piece of chicken in the batter, and fry a light brown.

Chicken Croquettes.—One cupful of finely chopped chicken ; one cupful of sifted bread-crumbs ; one teaspoonful of salt ; one-fourth a teaspoonful of white pepper ; half a teaspoonful of chopped parsley; half a cupful of stock, made by boiling the bones of the chicken. Heat all together and then stir in one beaten egg. When cold, form into croquettes, roll each in fine crumbs, then in beaten egg, and then in crumbs again. Lift carefully into the frying-basket and plunge it into very hot lard for a minute or two.

Rice and Chicken Croquettes.—One cupful of cold chicken, chopped fine, and seasoned with salt and pepper ; one cupful of boiled rice. Heat both together in a tea-ketttle-pail, or double boiler, adding a little milk, if the mixture seems dry. When hot, stir in one egg, beaten light, and when it is thoroughly mixed, remove from the fire. When the mixture is cold, form it into croquettes, roll in egg and fine crumbs, and fry in very hot lard.

Chicken and Oyster Croquettes.—One cup of cold chicken, chopped very fine; one saucerful of cold escalloped oysters, also chopped; half a cup of sifted bread-crumbs; pepper, salt, and a little mace; one egg beaten light. Add a little broth, made of the bones of the chicken boiled in just water enough to cover them. Have the mixture as soft as you can handle it. It is impossible to give exact measurements for this, as a skilled hand can have the mixture much softer than a beginner can manage. Form into long rolls as large as a man's finger, roll in sifted crumbs, and fry in very hot lard. Serve with slices of lemon.

Wonders.—Make a strong stock of the bones of cold chicken. Soak one heaping teaspoonful of gelatine in a little cold water and stir into the hot stock when you strain out the bones; add pepper and salt, and let the whole boil down to one coffee-cupful. Chop very fine an equal quantity of cold chicken and put into the hot stock, with a teaspoonful of grated onion and a dust of nutmeg, with a little chopped parsley. Pour the mixture on a platter and let it cool It should be as hard as wine jelly. The next day cut in squares as large as a yeast cake, flour each piece and dip in batter made of flour and milk, as thick as the thickest cream. Plunge at once in smoking hot lard and fry a light brown. Serve at once.

Giblet Pie.—Line a small dish with puff paste, put inside a few pieces of stale bread

to prevent the crust from falling in; cover with pastry and bake in a quick oven. When the crust is done, lift off the cover very carefully, remove the pieces of bread, and pour in the filling, which has been prepared as follows. Boil and mince the giblets of turkey, chicken, or both. Heat one cupful of rich milk, with a blade of mace and a small bit of onion in it. Thicken, by stirring in one teaspoonful of flour wet with cold milk. Add the giblets, seasoned with salt and pepper. Pour it into the dish and replace the top. For directions for making pastry, see page 33.

Minced Fowl.—Cut the meat from the bones, and put them on to boil with the bits of skin which are left, and an onion, in enough water to cover them. When they have boiled until you have a cupful of strong stock, strain and pour in a cup of hot milk, with pepper and salt; then stir in two cupfuls of minced fowl, and serve with chopped parsley sprinkled over it.

Devilled Turkey.—Cut gashes in the legs and upper joints of cold roast turkey, and rub in pepper, salt, and mustard, then heat them through on gridiron.

Montclair Scallop.—Pick the small bits of meat from a cold turkey, and boil the bones in water enough to cover them, with a piece of onion as large as half a dollar; butter a small pudding-dish, and sprinkle the bottom with fine bread-crumbs; put in next

a layer of the turkey seasoned with salt and pepper, then a thin layer of crumbs, and so on, until the dish is full. Strain the water in which the bones have been boiled, and put into it two tablespoonfuls of cream, pour this over the scallop, put a few very small bits of butter on the crumbs which cover the top and bake until brown.

Turkey Béchamel.—Half a cupful of very strong stock; one cup of milk heated separately with half a bay leaf and a slice of onion in it. Put the milk and stock together, and thicken with two teaspoonfuls of corn-starch wet up with half a cup of cold water. Boil up once, and then stir into it one heaping cupful of cold turkey cut up into dice; pepper, salt, and a very little mace.

Woodlawn Croquettes.—Boil one set of calves' brains, tied in a cloth, until they are soft; chop, and add one coffee cupful of cold turkey or chicken, and one-fourth cupful of beef suet, both chopped as fine as possible. Season with one-fourth teaspoonful of pepper, one teaspoonful and a half of salt, half a teaspoonful of chopped parsley, one-fourth teaspoonful of powdered thyme, a little grated lemon peel, and about a teaspoonful of the juice, and a pinch of nutmeg. Heat the meat, and moisten with a little stock, and one egg. When cold form into croquettes, roll in egg and sifted crumbs. Fry in a frying basket, plunged in a kettle of very hot lard.

Turkey Loaf.—Put the remains of a

boiled turkey in just enough water to cover it. Boil until you can slip the meat from the bones. Take out the meat, leaving the skin and bones to boil longer. Cut the meat in pieces as large as a quarter of a dollar, and put in a baking tin. The tin should be nearly full of the meat. Sprinkle in pepper and salt. Take out the bones and skin, and thicken the broth with a teaspoonful of flour and the same of butter, rubbed together. Pour this over the meat until all the interstices are filled. Put another baking tin of the same size inside the one which contains the meat. Put two or three flat-irons in this for a weight. The next day turn out the loaf.

Turkey Soufflé.—Boil one cupful of rich milk with half a small onion and a blade of mace. When it boils, stir in a thickening made of one even teaspoonful of corn-starch wet with cold milk. Cook until it thickens slightly, and then stir in one cupful of cold turkey minced fine, and add the yolk of an egg. As soon as it is well mixed, take from the fire. Add celery salt and pepper to taste. When cool stir in the beaten white of the egg. Pour into a buttered dish and bake from fifteen to twenty minutes. Serve at once.

Turkey à la Crême.—Heat one cupful of milk, and stir into it a thickening made by rubbing together one teaspoonful of flour and one teaspoonful of butter; when it is

perfectly smooth, put into it the white meat of cold roast turkey, leaving out the skin and the dressing. Then season with half a teaspoonful of salt, and half a teaspoonful of white pepper, and a little nutmeg. When the meat is hot, stir in half a cupful of cream, beaten light, and serve at once.

Turkey Hash.—Cut up what remains of cold turkey into small pieces, and to two cupfuls of meat allow one cupful of hot water, and a piece of butter as large as a walnut. Heat thoroughly with one small cupful of the stuffing, and pour on slices of toasted bread, buttered slightly.

Warmed Goose.—Cut the meat into nice slices, and put two together with a little of the stuffing spread between, so as to form a sort of sandwich; put a very little gravy in a frying-pan, and lay the double slices in carefully; cover, and let it heat thoroughly; then lift out the meat with a knife and put on the platter, pour in the rest of your gravy, and let it boil up, and then turn over the meat.

Devilled Goose.—Take the legs and wings of cold roast goose, broil them on a gridiron until they are heated through. Have ready a little butter, pepper and salt, one tablespoonful of mixed mustard, and one tablespoonful of sharp vinegar, mixed together. Turn this over the goose and serve very hot.

Duck Pie.—Cut the meat from cold roast ducks. Put the bones and the stuffing into enough cold water to cover them, and let it boil. Put the meat into a deep dish, pour on enough of the stock which you have made by boiling the bones, to moisten it. Cover with pastry and bake until it is a light brown.

Potatoes.

Potatoes.

Lyonnaise Potatoes.—Put two or three slices of fat ham into a frying-pan, and when hot and brown, slice in, half an onion. When both are fried take out the ham and onion, and put into the fat which remains two cupfuls of cold boiled potatoes, cut into small pieces, and seasoned with pepper, salt, and a little mustard. Fry a delicate brown, stirring frequently.

Fried Potatoes.—Put two or three slices of salt pork into a frying-pan, and when it is fried a very light brown on both sides, cut it up in small bits and add two cupfuls of cold boiled or baked potatoes, cut into small bits. Let all fry together, stirring often, until the potatoes are brown.

Fried Sweet Potatoes.—Cut cold sweet potatoes, either baked or boiled, into slices. Heat a very little dripping in a frying-pan, and when it is hot lay in the potatoes, and brown nicely on both sides.

Champlain Potatoes.—Cut cold boiled potatoes in rather thick slices. Put in a saucepan a piece of butter as large as half an egg, and about one teaspoonful of flour.

When it is well mixed, add gradually one cupful of stock or water; when this boils, put in the sliced potatoes, sprinkled with pepper and salt. Let all stew together a few minutes; then take from the fire, and when it has stopped boiling, add the yolk of an egg, beaten up with one teaspoonful of lemon juice and a little cold water. Stir for a few moments in a warm place, and then pour on a hot dish, sprinkle a little chopped parsley over the top, and serve.

Potato Dumplings.—Form cold mashed potato into little mounds by pressing it into a small teacup. Place these on a buttered tin sheet. Put a bit of butter on the top of each and bake an hour.

Toasted Potatoes.—Cut cold boiled potatoes in rather thick slices, brush each slice over with a little melted butter, roll in sifted bread-crumbs, in which you have mixed enough pepper and salt to season them; toast over coals as you would bread. Some will think it an improvement to sprinkle a little chopped parsley on each piece before serving.

Breakfast Potatoes.—Put a piece of butter as large as a butternut into a frying-pan, and when hot, slice in, a quarter of an onion; when it is brown, add two cupfuls of cold boiled or baked potatoes, cut in thin slices; stir in the hot butter until the potatoes are nicely browned. Season with salt and a little dry mustard.

Sliced Potato. — Cut cold boiled or baked potatoes into slices lengthwise, and brown in a little butter, or nice beef-dripping. When they are fried on both sides, sprinkle with salt and a little pepper, and serve on a hot platter.

Roman Potatoes.—Rub mashed potatoes through a fine colander, add salt, a little grated Parmesan cheese, and yolks of eggs, allowing one yolk to every cupful of potato. Form into little rolls like croquettes, flour them, and fry in very hot lard.

Minced Potatoes.—Chop cold boiled potatoes, and fry in nice beef-dripping, stirring until the whole is a good brown. Sprinkle in salt to your taste, as they are cooking.

Stewed Potatoes.—Cut cold boiled or baked potatoes into mouthfuls, and boil in milk enough to cover them. When the milk has boiled away, so that the mixture is not too thin, add salt and pepper, and one teaspoonful of chopped parsley. If your milk is not rich and good, it will be necessary to add a little butter.

Potato Balls.—Mash six boiled potatoes, and add enough cream to make them a little soft. If you have no cream you can use milk. Half a cup of grated ham (the bits which are too dry to use in other ways, can be grated, and kept in a cold

place for some time); one teaspoonful of chopped parsley, and half a teaspoonful of pepper, and the same of salt. Mix all well together, and stir in the yolks of two eggs —the whites can be kept for frosting or meringues. Form into little balls and fry a light brown. Serve with a good brown gravy.

Golden Mount Potato. — Add to two cupfuls of cold mashed potato, enough hot milk to make it soft enough to form into a shape. Pile on a buttered tin sheet, and smooth with the blade of a knife, into a pyramid; cover with the yolk of an egg, and sift over it fine crumbs. Brown in a hot oven.

Browned Potatoes.—Cut cold mashed potato into slices, and place on a buttered pan. Put a bit of butter on each slice, and bake until brown, in a hot oven.

Snowy Potato. — Two cups of cold mashed potato and two tablespoonfuls of butter, beaten to a cream. Add the whites of two eggs, beaten light, one cup of milk, and one teaspoonful of salt. Beat all together, and brown in the oven.

Potatoes in Cream.—Slice cold boiled potatoes very thin, put in a dish on top of the stove, with a very little water; sprinkle on salt, and, when the potatoes are warmed through, pour over them enough sweet cream to just cover them, and let it remain on the stove until it boils.

Scalloped Potatoes.—Butter a bright tin basin and put in a layer of cold potatoes cut in slices; season with pepper and salt, and small bits of butter, dredge lightly with flour. Fill the dish with these layers, adding a hard-boiled egg, cut in slices, and cover the top half an inch deep with fine cracker-crumbs. Pour over it one and one-fourth cup of sweet milk, or cream if you have it. Bake in a moderate oven half an hour.

Sundries.

Sundries.

Creamed Cauliflower.—Steam what remains of your cold boiled cauliflower, until it is hot, and pour over it a sauce made as follows. Boil one cup of thin cream, and thicken it by adding one teaspoonful of flour, stirred smooth in a little cold cream; let the mixture boil up, stirring it constantly; add a pinch of salt, a little pepper, and a small quantity of nutmeg. This is a Dutch dish, and very delicious.

Asparagus Salad.—Arrange what remains of cold boiled asparagus in a glass dish, and pour over it salad dressing.

Cauliflower au Fromage.—If you have cold boiled cauliflower, put it in a bake dish, and turn over it enough drawn butter to moisten it; grate a little cheese over the top, cover with sifted bread-crumbs, put very small bits of butter on top, and bake until it is light brown.

Simple Asparagus Omelette.—Put a piece of butter as large as a butter-nut, into a frying-pan, and when it is melted, pour in three eggs which have been beaten just enough to mix the yolks with the whites; stir constantly, and when the mixture thick-

ens, take from the fire, season with salt and pepper, and stir into it what you have left of cold boiled asparagus, cut into small bits.

Cabbage Jelly.—Drain cold boiled cabbage perfectly dry, then chop fine, add butter, pepper, and salt to taste. Press the whole closely into a small pudding-dish, and bake an hour.

Stewed Corn. — Cut cold sweet-corn from the cobs, scraping off as much as you can, as the best part is that which adheres to the cob. Heat as much milk as you have corn, stirring in a small bit of butter, and enough pepper and salt to season it; stir in the corn, and let it boil a few minutes. If you have any cold boiled beans, mix with the corn and call it "Succotash."

Asparagus aux Œufs.—When you cook asparagus, you have always some stalks from which the ends have been broken, and other little bits, which are too small to serve on toast. Take these out of the water with a skimmer, arrange them on a platter which can be put in the oven, and break carefully over the top enough eggs to conceal the asparagus; sprinkle a little pepper and salt on each egg, and put in the oven until the white is set.

Celery à la Poulette.—Cut celery into small bits and boil in water until it is perfectly tender. Boil one cupful of milk and

stir into it a thickening made by stirring one teaspoonful of corn-starch in one-third of a cup of cold milk. When the sauce is smooth and creamy, drain the water from the celery, and pour the cream over it. Season with salt and pepper.

Bread Omelette.—Put into a stewpan two tablespoonfuls of dry bread-crumbs, and three tablespoonfuls of rich milk. Sprinkle in one teaspoonful of salt, and half a teaspoonful of pepper. Stir until the crumbs have absorbed all the milk ; take from the fire, and let the mixture cool, and then beat it up with six eggs, and fry like other omelettes.

Berlin Relish.—Two cupfuls of cold mashed potato. Mix into this one cupful of good milk and one beaten egg. Add one cupful of finely chopped cold ham. Mix well and bake in a buttered dish. When it is just beginning to brown, sprinkle on the top two tablespoonfuls of grated cheese, and return the dish to the oven for a few minutes.

Ham Turnover.—A very nice breakfast dish can be made of cold boiled ham which cannot be cut into slices. Chop the ham fine, and warm in butter. Beat two or more eggs, according to quantity of ham, and pour in a buttered pan on the stove. When it is brown on one side spread the ham on half of it, and turn the other half over it.

Stewed Tripe. — Cut cold fried or broiled tripe into inch bits, dredge lightly with flour, and heat in a gravy made of one cupful of hot water and a piece of butter as large as a walnut. Season with pepper and salt.

Ham Toast.—Chop cold boiled ham as fine as you can. To one cupful allow a bit of butter as large as a filbert, and one-half teaspoonful of mustard. Heat all together, have ready slices of toast, well buttered and arranged on a platter; put a spoonful of the ham on each slice, spreading it evenly over the piece of toast. Serve hot.

Vegetable Hash.—Chop fine cold boiled turnips, parsnips, beets, and potatoes, allowing twice as much potato as you have of either of the others. Season with butter, pepper, and salt. Warm in a buttered frying-pan. It is good without any meat, but a very little chopped boiled pork can be added if preferred.

Warmed Vegetables.—All the vegetables left from a boiled dinner are nice warmed for the next day. Slices of turnip and parsnip are good browned in a little butter. The boiled cabbage is especially good fried in butter.

Pastináca.—Cut cold boiled carrots into thin slices, and pour over them a cream sauce made as for "Celery à la Poulette," on page 86.

Pickled Beets.—Cut cold boiled beets into slices, and let them stand in vinegar over night. They are nice as a dish by themselves, and are also very useful for garnishing salads. Some persons consider cold boiled beets, finely chopped, an acceptable addition to Corned Beef Hash.

Beet Salad.—Cut into slices cold baked or boiled beets, and put in a salad-bowl with a head of crisp celery cut in bits. Just before serving, pour over it a dressing made as follows:

Dressing.—Break into a deep plate one egg, and mix it with one teaspoonful of salt, one and a half teaspoonful of sugar, one teaspoonful of white pepper, and a very little Cayenne. Add slowly three tablespoonfuls of nice salad oil, stirring constantly. When the oil is thoroughly mixed, put in one tablespoonful of sweet cream, and one tablespoonful of lemon-juice, and lastly, one tablespoonful of white vinegar.

Cheese Omelette.—Grate two tablespoonfuls of hard cheese, and mix with half a cup of milk, stir in the yolks of two eggs, and a little pepper and salt, then add the beaten whites, a spoonful at a time. Pour into a buttered dish, and bake until it is brown. Serve at once, as it falls rapidly.

Venetian Macaroni.—Take two cupfuls of cold boiled macaroni and cut it into short pieces. Heat it gently, and sprinkle in

two-thirds of a cupful of chopped or grated ham. Heap on a hot platter, and sprinkle a little grated cheese over it.

Cottage Cheese.—In summer, when milk sours rapidly, it can be made into very delicate little cheeses. Heat the loppered milk in a pan on the stove, until a small quantity, pressed in the hand, will retain its shape, but be careful not to let it scald. Strain off all the whey through a cloth, pressing it gently, put thecurd thus obtained into a dish, and mould with the hand, after adding a little salt, and a few spoonfuls of sweet cream, if you have it, otherwise a little butter, until it will readily take the form of a mould. If you have not a suitable mould, form it in a cup.

Liver Picard.—Cut cold fried or broiled liver into mouthfuls, removing all the stringy pieces; put into a hot saucepan with a little butter; dredge on one tablespoonful of flour, with pepper and salt to taste; pour in one cup of boiling water, and stir until the flour is cooked.

Tongue on Toast.—Chop bits of cold salt tongue, and to one cupful of the meat, measured after mincing, allow one tablespoonful of cream, or good milk. Heat, and stir in one egg, well beaten. Have ready slices of buttered toast, and put a little of the mixture on each slice.

Risotti.—Put a piece of butter as large as half an egg, into a frying-pan, and when

hot slice in half an onion ; when it is brown take it out, and throw it into your soup kettle. Put into the butter in which the onions have fried, one cupful of boiled rice, stir until the butter is absorbed, and then add one cupful of any kind of cold soup, which you may happen to have, and boil a little while, gently, until the rice has taken up most of the soup, and then stir in half a cupful of grated ham, or the same quantity of cold tongue chopped fine. Pour on a hot platter, and serve grated cheese with it.

Horseradish Sauce and Beef.—Two tablespoonfuls of grated horseradish, one teaspoon of salt, one teaspoon of mustard in powder. Mix well, and then add two tablespoonfuls of cream ; stir thoroughly and add gradually four tablespoonfuls of vinegar. Arrange slices of cold roast beef on a platter, and put a spoonful of sauce on each slice.

Copeland's Sauce for Cold Game.—Pound in a mortar the yolks of two hard-boiled eggs, with a tablespoonful of vinegar, and a little anchovy paste, and a teaspoonful of dry mustard. When it is smooth add slowly a tablespoonful of fine salad oil, and a tablespoonful of vinegar.

Rice Croquettes.—If you have cold boiled rice left from dinner, heat it over, adding a little milk, unless the rice was very moist, and to every cupful of rice allow one egg, well beaten, two teaspoon-

fuls of sugar, and a piece of butter as large as a hickory nut. Cook only a moment after the egg is in. When cold, form into croquettes, roll in egg and crumbs, and fry.

Tomato Scallop.—Cold stewed tomato can be scalloped, like raw tomato, by arranging it in an earthen dish, with alternate layers of fine bread-crumbs. Season with pepper and salt, and put bits of butter on top before baking.

Creamed Eggs.—If you have cold boiled eggs left from breakfast, return them to the fire, and boil until they are hard. Prepare a sauce, by boiling one cupful of nice milk with a piece of butter as large as a nutmeg. When it boils, stir in one heaping teaspoonful of flour, wet with a little cold milk. Season with pepper and salt. It is much nicer to use cream, instead of milk, and omit the butter. Cut the hard-boiled eggs in slices, and arrange on a small platter, pour the hot cream sauce over them, and serve at once.

Squash Pies.—Winter Squash is almost the only vegetable which cannot be used in soup, but there are many other ways of disposing of what is left. The best way of all, is, to make it into pies. Line a deep pie-plate with nice pastry. Sift the cold boiled squash, and for every cupful, allow one cupful of milk, one egg, one-third of a cupful of sugar, two drops of extract of rose, and a little ginger. If you can put in a few spoonfuls of sweet cream it will be a

great improvement. Heat the milk and squash together, and add the egg after you take the other ingredients from the fire. Pour into the pastry and bake in a moderate oven until it is set.

Zephyrs.—Heat two cupfuls of boiled hominy, adding sufficient water to make it thin enough to pour. Add a piece of butter as large as an English walnut, and a little salt. Have ready iron gem-pans, heated very hot and well buttered. Fill these with the hominy, and bake half an hour in a hot oven.

Brewis.—Take the crusts which you have left from a loaf of Boston brown bread, break them in small pieces, and pour over them one cupful of boiling water. Boil until you have a soft mush, stirring frequently, and adding more water if necessary. When it is soft, add one cupful of sweet milk, and a piece of butter as large as an egg, and let it boil again, until it is as thick as boiled hominy. This is not a handsome dish, but is delicious, if eaten with nice maple syrup.

Cake Fritters.—Cut any kind of stale plain cake in neat slices, drop each slice in very hot lard, and fry until they are a delicate brown. Place on a platter with a teaspoonful of sour jelly on each slice. Serve hot for dessert.

Fried Toast.—Beat two eggs light, and

stir in one cupful of sweet milk. Dip in this slices of stale bread, and fry them brown on a griddle. This is a nice breakfast dish.

Aunt Elizabeth's Turnovers.—Bits of jelly are often left which are too small to put on the table again. These can be made into delicious little turnovers, which are nice for dessert or for tea. Roll puff paste, made as directed for "Beef Pie," very thin, cut with a jagging iron into squares as large as an ordinary correspondence card, put a teaspoonful of jelly at one end, wet the edges with the finger dipped in ice-water, fold the other end over the jelly, pressing the edges firmly together; wet the top slightly, and sprinkle with granulated sugar; prick each turnover with a fork, and bake in a quick oven. The pastry will cook before the jelly has time to melt. Any kind of fruit jelly will do, but crab-apple is usually preferred. Unless the jelly is firm and hard the turnovers will be sticky.

Materials.

Materials.

IN providing for a family it is well to have some general idea of the quantities required, and of the proportional expense of different articles. An ignorance of this often gives rise to petty economies, which amount to little, and which do not make up for unnoticed extravagance in other things.

The sum which is spent for food in a family is usually divided somewhat in this way: One-tenth of all is spent for butter, one-tenth for beef, one-tenth for other kinds of meat. Flour of all sorts will hardly amount to another tenth. These are the great staples. The remaining three-fifths is divided among many different articles, the two most expensive of which are sugar and milk. In some families each of these will require another tenth.

It is difficult to estimate exactly the quantity of food required. A fair average will allow one barrel of flour a year, and one pound of butter a week, to each person. The consumption of other articles varies so much with individual taste, that it is impossible to make any general statement regarding them. A list is given of some materials used in the foregoing receipts, which it is well to keep on hand. When

one has an abundance of room, it is better to buy many articles by the quantity, as the cost is less. If one expects to have satisfactory results in cooking, the materials must all be good of the kind.

Anchovies.—These are used with many kinds of salad, and for flavoring croquettes, etc. Extract of anchovy or anchovy paste can be used if preferred.

Barley.—Pearled barley is excellent in soups, and is sometimes served with beef. It requires soaking for several hours before using.

Bay Leaves.—These can be procured at a good grocery, or at a German druggist's. The leaves which come on the top of a box of figs are usually bay leaves. They have a very strong flavor, and as more than one is never used at a time, it is not necessary to have a large quantity at once.

Browned Flour.—This should be kept on hand to use for thickening. Prepare by putting a little dry flour in the oven on a dripping pan. Stir it occasionally, and cook until it is all a light brown.

Caramel.—This is indispensable for coloring soups, gravies, and some jellies. It can be easily made by melting one cupful of granulated sugar in an iron saucepan, and stirring it until it is a very dark brown. Then add very gradually one cupful of cold

water, stirring constantly. Let the sugar and water boil together until it seems to be a little thick. The change in the manner of boiling will indicate this. When cold it should be about the consistency of molasses. As soon as it is a little cool, put in a wide-mouthed bottle. It will keep indefinitely.

Celery.—Celery tops can be dried and pulverized, to use for seasoning, or the seed can be procured, as it has the same flavor as the stalk. Celery salt can be bought of any grocer, and is more convenient than either.

Cheese.—Grated cheese is an excellent flavor for many dishes. Parmesan cheese can be bought in bottles ready for use, but some prefer to use the dry bits which are left from other varieties of cheese.

Corn Starch.—This is very useful for making thickenings. It is more convenient than flour, as it is much finer.

Crumbs.—There is no necessity of wasting a crumb of bread. When the loaf is cut at the table for breakfast and tea, there will not be many dry slices left. Never allow an accumulation of pieces. Examine the bread jar every day, and put all the bits of bread or cold biscuit or toast on a tin in the drying oven. No matter if they remain there for some time. When they are perfectly dry and crisp they can be rolled and sifted, and then utilized in a variety of ways.

As long as they are perfectly dry, they will keep, but anywhere outside the drying oven they are liable to contract moisture and spoil, so it is better not to have much on hand at once. Many of the receipts in this book require bread-crumbs, and in "The Book of Forty Puddings" will be found several, where crumbs of bread or cake are used.

Curry Powder.— India curry powder is the best, and can be bought in small bottles.

Extracts.—These can be procured anywhere, and those of any standard maker are good. Extracts of orange and lemon can be easily made, by filling a bottle with very thin shavings of the peel, being careful to take off only the yellow part, as the white is bitter. Pour in alcohol which has been reduced with water until a piece of tallow will float in it. Cork tightly, and you will have pure and inexpensive extracts.

Flavoring.—Small tin boxes can be bought containing small squares, each wrapped in waxed paper, for flavoring and coloring soups. They are convenient to supply the place of caramel, but must be kept in a cool place, as they are liable to become sticky.

Flour.—It is necessary, if you use what is called "patent process flour" for bread and rolls, to have another kind for pastry

and cake, as that kind of flour is not as good for anything in which butter is used.

Garlic.—This has a flavor like onions, but more delicate. A braid of garlic can be bought at almost any market for a few cents, and will keep a long time. The roots divide into little sections, each of which is called "a clove of garlic."

Herrings.—A few strips of smoked herring are considered by French cooks an agreeable addition to salads. They can be used as a substitute for anchovies, as they have much the same flavor.

Herbs.—Persons who can grow their own herbs are sure to have the best and purest, but all kinds can be procured dried and pulverized. The most important are sage, thyme, and marjoram.

Ketchups.—Mushroom and tomato ketchups are useful for seasoning gravies, and to serve with cold meats.

Macaroni.—Vermicelli, and the little figures which come in packages for soups under the name of "Italian Paste," are all different forms of the same substance, and are in constant use for soups, etc.

Parsley.—This is easily raised from the seed, and can be kept in a flower-pot all winter if one pleases. The leaves can be dried to use for seasoning, but for garnish-

ing dishes, of course, the fresh sprigs are required.

Pepper.—In addition to the ordinary ground black pepper, it is well to have white pepper, cayenne, and whole pepper-corns. A few red peppers are also useful, but they must be used with caution, as, when dry, they are exceedingly strong.

Sauces.—The most common are Worcestershire, Leicestershire, Halford's, and Harvey's. The three last are much alike. Worcestershire is hotter than any of the others.

Spices.—Clove, cinnamon, mace, ginger, allspice, nutmeg, should all be kept on hand. Besides the ordinary ground spices, a few whole cloves and blades of mace are often needed.

Sugar.—There is no economy in purchasing brown sugar. The additional moisture which it contains more than makes up for the difference in price, but for some things, such as dark cake and mince pies, many cooks prefer it. Granulated sugar is the purest and best for ordinary uses, but pulverized is needed for meringues and frosting.

Tapioca.—Flake and pearled tapioca have the same taste, but the latter is best for thickening soups, and for many kinds of puddings. It should always be soaked before using.

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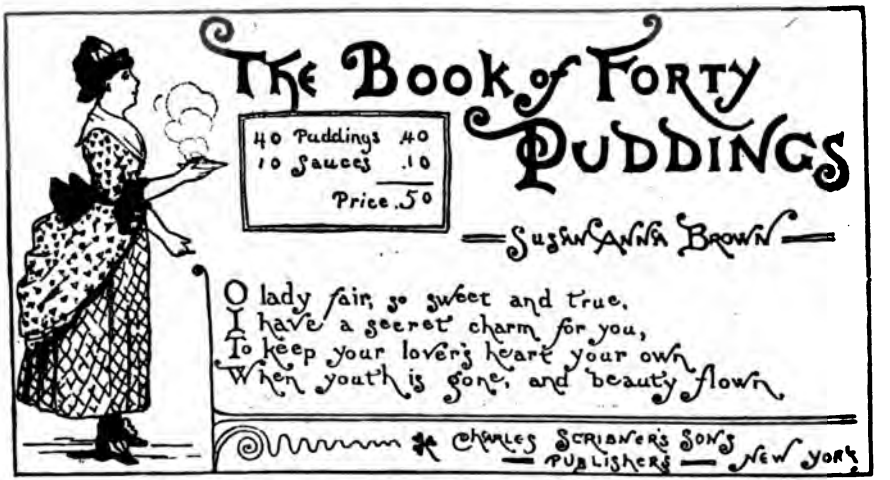
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